

*Temple Care: Body, Mind & Spirit*  
*Temple Care International Ministries*

***Presents***



**HEALTHY LIVING**

A Weekly E-Newsletter

By Dr. Shirley Powell, ND, CNC, CHP

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April 20, 2007 - Issue #73

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- **Where's Shirley?** See details below for two upcoming events on Saturday, April 28, 2007, 10:00am to 12:00pm, and Saturday June 2, 12:00pm to 4:00pm
- **Testimonials**
- **Note:** Some e-mail updates and changes have been lost, so please e-mail me again if changes, additions, or deletions need to be made. Thank you in advance for your patience.

**Champion Celery**

It might surprise you to know that in the history of celery, it was first used as a medicine and then as a food. It is an excellent source of vitamin C, which helps support the immune system. Celery is also a good source of calcium and potassium. When taken fresh, celery will alleviate painful gout, arthritis, and rheumatism. It is known as a blood purifier and can clear acidosis, commonly associated with diabetes. When combined with lemon juice, it is a remedy for the common cold. The high level of silicon found in celery helps renew joints, bones, arteries, and connective tissue. Blood pressure can be lowered and hypertension relieved by drinking a cup a day, or four raw stalks a day. Research has indicated that eating celery may also prevent colon cancer. It is good for muscle cramps, handling cravings for sweets, and is good for headaches. And to top it all off, celery has practically zero calories! Make sure the celery you buy is organic, snaps easily, and looks crisp. Make sure it's pale to bright green with no yellow or brown patches. Store celery in the refrigerator in a sealed container. Add celery to stews, soups, juices, and salads, or eat as a snack. Spread some nut butter and sprinkle with raisins to make an extra tasty celery snack.

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**NOTE:** I do not intend to spam anyone. If you would prefer not to receive articles, updates, event or publication announcements, or other e-mails from me in the future, please send a reply with "remove" in the subject dialogue box.

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Visit [www.temple-care.net](http://www.temple-care.net) to learn more about

*Temple Care International Ministries* and *Temple Care - Naturopathic Health Services*

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## Quality Living: Thought for the Week

### Jumping to Conclusions

Sometimes we observe something and make up our own meaning for it or draw certain inferences. Then we come to certain conclusions about it. Even when our observations are accurate, we can very easily misunderstand the other person's intentions. Have you ever felt incredibly humbled and ashamed when you realized that you had drawn an incredibly wrong conclusion? I know I have. We need to slow our judgment and, as much as reasonably possible, assume the best. Allow for the benefit of a doubt. Leave room for understanding, and close the door to pride.

During my former 23-year career as a court reporter, I saw how a seemingly convincing and airtight case could be totally shattered once the other side put on their case. Before hearing the other side, there were times where I would think that there was absolutely no way the other side could ever get out of this charge, indictment, or allegation. Time and time again, I was shown how my own puny, feeble mind can never grasp the full spectrum of possibilities, or even probabilities. So often, the truth wasn't even farfetched; but simply not thought of by me. With all of its flaws and shortcomings, it's a good thing we have the legal system that we do have.

We must use judgment, true, in the context of discernment, trying the spirits, and knowing right from wrong. But judging in the context of condemnation is left up to God. Be guided by the truth, not hastily making assumptions that have been weaved together from limited information, from the carnality of our own thinking, from our limited frame of reference, or from our own biases, predispositions, predilections, and pride. We don't see everything (omnipresent), and we don't know it all (omniscient). There is a danger to jumping to conclusions. It causes divisiveness, unnecessary warring, unjust persecution and suffering, truce breaking, and all manner of stress and strife. We need to be more tenderhearted, more peacemaking. Love never fails (1 Corinthians 13).

***Matthew 7:1-5 (NKJV) – “1 “Judge not, that you be not judged. 2 For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. 3 And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? 4 Or how can you say to your brother, ‘Let me remove the speck from your eye’; and look, a plank is in your own eye? 5 Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.”***

***Galatians 6:1-3 (Message paragraph) – “Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived.”***

***Romans 14:13 (NKJV) – “Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother's way.”***

***1 Peter 4:8 (Amplified) – “Above all things have intense and unailing love for one another, for love covers a multitude of sins [forgives and disregards the offenses of others]”***

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**HOW TO PURCHASE BOOK:** “**Making Friends With Food: Honoring the Body Temple Nutritionally**” by **Dr. Shirley Powell** is available at these locations. The cost is \$19.99.

- Greater St. John's Church Bookstore, 11425 Old Marlboro Pike, Upper Marlboro, MD, (301) 574-5100
- From the Heart Church Ministries Bookstore, 4207 Norcross Street, Temple Hills, MD (301) 899-9411
- Resurrection Ministries, the Living Church of Jesus Christ, 800 Southern Ave., SE, Washington, DC (202) 270-6536
- Secrets of Nature, 3923 S Capitol Street, SW, Washington, DC, (202) 562-0041
- Temple Care satellite office – 9450 Pennsylvania Avenue, Suite 20, Upper Marlboro, MD (240) 687-0493 (**call first**)
- Online at [www.temple-care.net](http://www.temple-care.net), through PayPal (add \$3 shipping)
- By phone with credit card payment: (240) 687-0493 (add \$3 shipping)

## About Temple Care

### ▣ The Naturopathic Health Practice for Natural Health Solutions ▣

*Walking in Divine Purpose • Standing on Sound Principles • Unencumbered Passion*

The essence of Temple Care services is founded on this basic principle for health and wellness of the body, mind & spirit: ***maximize nourishment and eliminate waste and toxins naturally.*** Many of us are neither being properly “fed” nor cleansed and renewed – body, mind, and spirit. Temple Care takes a naturopathic approach towards achieving physical wellness. Naturopathy, the oldest healing system in the world, focuses on supporting the body’s God-given ability to heal itself naturally, with the proper diet, herbs, supplements, and lifestyle, versus synthetic drugs and surgery. Temple Care addresses primarily the causes of health problems; not just symptoms. Individual appointments for health challenges, workshops, seminars, and church presentations are some of the services offered by Temple Care. As part of a holistic (whole person) approach to health and wellness, with the client’s agreement, Temple Care also will pray with, encourage and minister to the client based on the Word of God for mental and spiritual strength and renewal in their quest for optimal health.

**To schedule a personal appointment or telephone consultation, call (240) 687-0493**

Services include urinalysis, dried blood cell analysis, and saliva testing. In-person consultations continue to be provided to persons in the Washington, DC metropolitan area on an availability basis. Call for details.

Shirley D. Powell, Doctor of Naturopathy, Certified Health Practitioner, Certified Nutrition Counselor, Author, Presenter, Facilitator. Contact info: (240) 687-0493, [s.powell@temple-care.net](mailto:s.powell@temple-care.net), and [www.temple-care.net](http://www.temple-care.net), P.O. Box 4451, Upper Marlboro, MD 20775

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### **WHERE'S SHIRLEY?**

Event: “Transforming Lives for the Better Naturally”  
Date: **Saturday, April 28, 2007, 10:00am to 12:00pm**  
Where: 4301 Garden City Drive, UCFW Building 400  
Metro 400, Lower Level Activity Room  
Hyattsville, MD  
(Beltway Exit 19B. Walking distance from New Carrollton metro station)  
Cost: Free

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Event: Health Fair – “Preparing for a Healthy Summer”  
Date: **Saturday June 2, 12:00pm to 4:00pm**  
Where: St. Matthew CME Church  
923 Cedar Heights Dr.  
Capitol Heights, MD 20743  
Cost: Free

If you would like a workshop presented at your church, school, office, community, or even your home, contact Temple Care at [s.powell@temple-care.net](mailto:s.powell@temple-care.net), or call at (240) 687-0493. I’ll be honored to serve your small or large group.

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## Testimonials:

*"I had so many health issues six months ago that I did not know what else to do and who else to go to. Then I was introduced by someone in church to Dr. Shirley Powell. I had high blood pressure, bloating, acid reflux, sleep problems, dizziness, blurry eyes, and fatigue – just to name a few. After seeing Dr. Powell and following her wellness recommendations, I am now a new person. I never felt so healthy. Every health problem I had has disappeared, and I have also lost 21 pounds. Eating right and exercising is now part of my daily routine. I thank God for loving me so much to lead me to Dr. Powell. Thanks, Dr. Powell, and may the Lord continue to bless you in all areas of your life and give you even more knowledge. My testimony is true, and I am more than happy to share it and lead more people to God's natural provisions." Ginette Jean, Silver Spring, Maryland.*

*"For the past 20 years, I have suffered digestion problems. In the past five years my condition has escalated from simple constipation and gas to IBS and acid reflux. I was constantly going to the doctor, hospital, and even to specialists... The doctor's answer was to put me on Prilosec and to eat more vegetables. This did not cure my problem. I also had reproductive problems. I had two ectopic pregnancies and one miscarriage. Their answer to this problem was to remove one of my tubes and just to keep trying. It was at this time that I decided to take a more natural approach. I was referred to Shirley D. Powell by a coworker.... Since then my digestion problems have nearly ceased, and they are now under my control. I have regular bowel movements, where before I could go days without having one. Not only have I gained control over my digestive problems; I am also pregnant. Natural healing has proven to me that God is in control of this body, as He is our Creator. Doctors can only do so much. Thanks to the education that Shirley has provided my husband and I, we now eat to live; not live to eat. I have never felt better. Thanks for your help. Glory to God." Janus Miranda, Silver Spring, Maryland*

*"After attending the High Blood Pressure workshop, I modified my diet to incorporate more fresh fruits, vegetables, whole grains and nuts (we have cut down significantly on processed foods and meats) and in just a couple of weeks, I have noticed some remarkable changes in my blood pressure as well as my weight. I truly believe that we are what we eat and we must learn to use the natural, whole foods that God has made available so that our bodies can perform according to His design. I am grateful that you are following God's purpose for your life and allowing God to use you to teach others about the benefits of His bounty. I am thankful to God for leading me down this path to completeness - spirit, soul and body." Robin Henson*

*"Ms. Powell has challenged my thinking on how to take care of the nutritional aspect of my body. Ms. Powell conducted an in-home workshop for a group of people in which I attended. I was impressed with her professionalism and in depth knowledge that exuded from her very being. She communicates what she knows very well for the common person. She has an excellent command of the English language. I highly recommend Temple Care: Body, Mind, & Spirit for workshops, presentations, speaking engagements, and one-on-one sessions at your church, business office, or conference settings in whatever capacity to meet your nutritional needs. If you are serious about changing your eating habits and seek to know practical ways to care for your temple (body) nutritionally, please open your heart and doors to Shirley D. Powell, Holistic Nutritionist, Certified Nutritional Counselor." John Y. Walker Jr., Pastor, Walls of Salvation Church Ministries*

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**Disclaimer:** This material is being provided for general informational purposes only as a guide to general good health. Readers should make informed and responsible decisions about their health. Individual responses to any health plan may vary greatly. All readers have the sole responsibility of dealing with any information or advice presented as they see fit. I am not a medical doctor but a doctor of naturopathy, certified health practitioner, and certified nutritional counselor, and I do not prescribe, diagnose, nor substitute the care given for any medical or psychiatric treatment. The information herein contained is not intended as a replacement for those services, nor is it intended as a substitute for any treatment prescribed by your physician.

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